



Rheumatic Twinges

yield immediately to Sloan's Liniment. It relieves aching and swollen parts instantly. Reduces inflammation and quiets that agonizing pain. Don't rub—it penetrates.

SLOAN'S LINIMENT

Kills Pain

gives quick relief from chest and throat affections. Have you tried Sloan's? Here's what others say:

Relief from Rheumatism
"My mother has used one 50c. bottle of Sloan's Liniment, and although she is over 83 years of age, she has obtained great relief from her rheumatism."—Mrs. H. E. Lindesief, Gilroy, Cal.

Good for Cold and Croup
"A little boy next door had croup. I gave the mother Sloan's Liniment to try. She gave him three drops on sugar before going to bed, and he got up without the croup in the morning."—Mrs. H. H. Strange, 3721 Elmwood Ave., Chicago, Ill.

Neuralgia Gone
"Sloan's Liniment is the best medicine in the world. It has relieved me of neuralgia. Those pains have all gone and I can truly say your Liniment did them."—Mrs. C. M. Dowler of Johnsonburg, Mich.

At all Dealers, Price 25c., 50c. & \$1.00
Sloan's Instructive Booklet on Horses sent free.

DR. EARL S. SLOAN, INC., BOSTON, MASS.

Raspberry Shrub.
A favorite old-fashioned drink: Pour a quart of best elder vinegars over four quarts of red raspberries and let them stand four days. Then strain, and to every quart of raspberry juice, add one pound of granulated sugar. Boil for twenty minutes, skimming carefully; bottle, seal, and keep in a cool place until needed. When serving put the desired quantity in a glass, add cracked ice and water. This is very refreshing and wholesome drink for hot weather.

10 CENT "CASCARETS" IF BILIOUS OR COSTIVE

For Sick Headache, Sour Stomach, Sluggish Liver and Bowels—They work while you sleep.

Furred Tongue, Bad Taste, Indigestion, Sallow Skin and Miserable Headaches come from a torpid liver and clogged bowels, which cause your stomach to become filled with undigested food, which sours and ferments like garbage in a swill barrel. That's the first step to untold misery—indigestion, foul gases, bad breath, yellow skin, mental fears, everything that's horrible and nauseating. A Cascaret tonight will give your constipated bowels a thorough cleansing and straighten you out by morning. They work while you sleep—a 10-cent box from your druggist will keep you feeling good for months.—Adv.

Something New to Think of.
"You know there's money in this world than money." "If there is my wife hasn't thought of it."

Free to Our Readers.
Write Murine Eye Remedy Co., Chicago, for 48-page illustrated Eye Book Free. Write all about Your Eye Trouble and they will advise as to the Proper Application of the Murine Eye Remedies in Your Special Case. Your Druggist will tell you that Murine Relieves Sore Eyes, Strengthens Weak Eyes. Doesn't Smart, Soothers Eye Pain, and sells for 50c. Try It in Your Eyes and in Baby's Eyes for Scaly Eyelids and Granulation.

To Keep the Pantry Cool.
Fasten two thicknesses of muslin over the pantry window; keep the window open and the muslin wet with salt and water. This will keep the flies out as well as cooling the pantry.

Sore Eyes, Granulated Eyelids and Sties promptly healed with Roman Eye Balsam. Adv.

Occasionally there are wives who can be happy without getting the entire contents of the pay envelope every time.

Dr. Pierce's Pleasant Pellets first put up 40 years ago. They regulate and invigorate, stomach, liver and bowels. Sugar-coated tiny granules. (Adv.)

White straws are best cleaned with a cut lemon dipped in sulphur and rubbed on the hat. This should be allowed to dry and when it is rubbed off the straw will have regained its whiteness.

L. A. N. U. 1914—No. 9

5 Women Avoid Operations

For years we have been stating in the newspapers of the country that a great many women have escaped serious operations by taking Lydia E. Pinkham's Vegetable Compound, and it is true.

We are permitted to publish in this announcement extracts from the letters of five women. All have been recently received unsolicited. Could any evidence be more convincing?

1. HODGDON, ME.—"I had pains in both sides and such a soreness I could scarcely straighten up at times. My back ached and I was so nervous I could not sleep, and I thought I never would be any better until I submitted to an operation, but I commenced taking Lydia E. Pinkham's Vegetable Compound and soon felt like a new woman."—Mrs. HAYWARD SOWERS, Hodgdon, Me.

2. CHARLOTTE, N. C.—"I was in bad health for two years, with pains in both sides and was very nervous. I had a growth which the doctor said was a tumor, and I never would get well unless I had an operation. A friend advised me to take Lydia E. Pinkham's Vegetable Compound, and I gladly say that I am now enjoying fine health."—Mrs. ROSA SIMS, 16 Winona St., Charlotte, N. C.

3. HANOVER, PA.—"The doctor advised a severe operation, but my husband got me Lydia E. Pinkham's Vegetable Compound and I experienced great relief in a short time. Now I feel like a new person and can do a hard day's work and not mind it."—Mrs. ADA WILK, 196 Stock St., Hanover, Pa.

4. DECATUR, ILL.—"I was sick in bed and three of the best physicians said I would have to be taken to the hospital for an operation as I had something growing in my left side. I refused to submit to the operation and took Lydia E. Pinkham's Vegetable Compound—and it worked a miracle in my case, and I tell other women what it has done for me."—Mrs. LAURA A. GRISWOLD, 2300 Blk. East William Street, Decatur, Ill.

5. CLEVELAND, OHIO.—"I was very irregular and for several years my side pained me so that I expected to have to undergo an operation. Doctors said they knew of nothing that would help me. I took Lydia E. Pinkham's Vegetable Compound and I became regular and free from pain. I am thankful for such a good medicine and will always give it the highest praise."—Mrs. C. H. GRIFFITH, 7305 Madison Av., Cleveland, O.

Write to LYDIA E. PINKHAM MEDICINE CO. (CONFIDENTIAL) LYNN, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.



RINGING IN EARS DEAFNESS

INSTANTLY RELIEVED BY THE OLD DR. MARSHALL'S CATARRH SNUFF 25c. (AT ALL DRUG STORES OR SENT FREE BY MAIL TO CHICAGO, ILL.)

The Lesser Evil.
The man who happens to forget a few things is by far better company than he who will never learn to forget one or two regrettable happenings.

Dr. Peery's Vermifuge "Dead Shot" kills and expels Worms in a very few hours. Adv.

Not Long to Wait.
Little Mix was so restless and fussy when his mother took him downtown that he caused her no end of bother. Finally the mother exclaimed impatiently:

"Well, young man, it will be a cold day when I bring you downtown with me again."
Looking up into her face with perfect innocence the youngster said:

"Pretty soon it will be winter, won't it, mamma?"

Peculiar After Effects of Grip This Year

LEAVES KIDNEYS IN WEAKENED CONDITION

Doctors in all parts of the country have been kept busy with the epidemic of grip which has visited so many homes. The symptoms of grip this year are often very distressing and leave the system in a run down condition, particularly the kidneys which seem to suffer most, as almost every victim complains of lame back and urinary troubles which should not be neglected, as these danger signals often lead to dangerous kidney troubles. Druggists report a large sale on Dr. Kilmer's Swamp-Root which so many people say soon heals and strengthens the kidneys after an attack of grip. Swamp-Root is a great kidney, liver and bladder remedy, and, being an herbal compound, has a gentle healing effect on the kidneys, which is almost immediately noticed in most cases by those who try it. Dr. Kilmer & Co., Binghamton, N. Y., offer to send a sample size bottle of Swamp-Root, on receipt of ten cents, to every sufferer who requests it. A trial will convince any one who may be in need of it. Regular size bottles 50c. and \$1.00. For sale at all druggists. Be sure to mention this paper.

Modern Childishness.
"Little boy, do you know the story of Cinderella?"
"I saw her once in a musical comedy, but the production had no plot or story to speak of."

Every Woman Will Be Interested
There has recently been discovered an aromatic, pleasant herb care for woman's ailments, called Mother Gray's AROMATIC LEAF. It is the only certain regulator. Cures female weaknesses and Backache, Kidney, Bladder and Urinary troubles. At all Druggists, or by mail, 50 cents. Sample FREE. Address the Mother Gray Co., Le Roy, N. Y.

Serious Oversight.
They say: "There shall be heavers of wood and carriers of water"—have they overlooked the carriers of scandalous tales?

Learn to Play Piano Without Notes or Teacher. Only few hours' practice required. Surprise your friends. Play anything. Simple system. Write for free particulars. Germania Co., 308 Spring St., Jeffersonville, Ind.—(Adv.)

Extreme Cruelty.
"Another outrage has been perpetrated by science on a prominent member of the vegetable kingdom."
"What are you talking about?"
"A man has perfected an odorless onion and thus robbed it of an attribute that has made it justly famous."

THICK, GLOSSY HAIR FREE FROM DANDRUFF

Girls! Try it! Hair gets soft, fluffy and beautiful—Get a 25-cent bottle of Danderine.

If you care for heavy hair that glistens with beauty and is radiant with life, has an incomparable softness and is fluffy and lustrous, try Danderine. Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff. You can not have nice, heavy, healthy hair if you have dandruff. This destructive scurf robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverishness and itching of the scalp; the hair roots famish, loosen and die; then the hair falls out fast. Surely get a 25-cent bottle of Knowlton's Danderine from any drug store and just try it.—Adv.

It Keeps Her Busy.
A girl's life is one continuous effort to create the impression that she wouldn't think of doing things that she's crazy to try.

HOWARD E. BURTON, ASSAYER and CHEMIST.
Leadville, Colorado.
Specimen prices: Gold, Silver, Lead, \$1; Gold, Silver, 75c; Gold, 50c; Zinc, or Copper, 21c. Mailing envelopes and full price list sent on application. Control and Empire Work solicited. Reference: Carbonate National Bank. (Adv.)

Ump-a-ha!
The leader of the German band out side the old grouch's window held out his hat for some mosey. "You can't get anything out of me," he cried. "Vell," said the leader, "maybe we can get something more out of the band yet." And they played until the old gentleman gave up.

PISO'S REMEDY
Best Cough Syrup, Taste Good. Use in time. Sold by Druggists.
FOR COUGHS AND COLDS

FINE APPLE PUDDING

DESSERT ALWAYS A FAVORITE IN ENGLISH HOUSEHOLDS.

Good Alike for the Children and Their Elders—Mock Apple Dumplings an Easily Prepared Delicacy—Custard of Apple Snow.

Boiled apple pudding as the English people make it is both nourishing and inexpensive when apples are at all plentiful. In fact, it is claimed the pudding furnishes a perfect midday meal for children not yet old enough to be given meat, while it is certainly a substantial dessert for everybody. You chop four ounces of good beef suet very fine and rub it into one pound of flour, with a teaspoonful of baking powder and one-quarter teaspoonful of salt. Then you wet it up with cold water into a dough, rolling out on a well-floured board.

With this you line a buttered pudding basin, reserving enough to cover the top, and proceed to fill with apples, peeled, cored and cut into small pieces, adding sugar to sweeten, also a few cloves or a dust of cinnamon as liked. When the bowl is quite full cover with warm water and cover securely with the paste. Dip a cloth into boiling water, sprinkle with flour, and tie over the pudding. Take the cord well down the bowl, bring the four corners of the cloth together at the top, tie firmly and plunge into plenty of boiling water and cook for from two to two and one-half hours, according to the apples used. Some take longer to cook than others. Juicy apples cook quickly. Hard, dry apples take longer. Serve with any simple sauce, or, when serving for children, pour over a little milk.

Mock Apple Dumplings.—This is a nice dessert and one easily prepared. You fill a deep buttered dish with tart, juicy apples, peeled and cored, filling the space with brown sugar. Then you pour over a cupful of hot water, sweetened, and a sprinkling of cinnamon or any preferred spices. The dish is put into a slow oven or at the back of the stove, where the apples will soften. Make a biscuit crust, using a cup of flour, one teaspoonful of baking powder, a tablespoonful of shortening, a little salt and a teaspoonful of sugar. Mix with milk to a very soft dough.

Pour over the softened apples and bake until a light brown. Another way is to prepare the apples as directed, cover them and bake in the oven until cooked through, then to pour over them a custard made from one cupful of milk, two tablespoonfuls of sugar and the yolk of an egg. This is baked for a few minutes and is then finished off with a meringue made from the white of the egg and powdered sugar.

This is more delicate than the dumplings, of course, and another dainty dish made from apples is:

Apple Snow.—You make a simple custard as before directed and pour it into a shallow glass dish. Then you grate sour apples, say a cupful, and beat into it the white of an egg and powdered sugar to sweeten. This mixture is laid in spoonfuls upon the custard and dotted with whipped cream dusted with nutmeg.

CULINARY HINTS.

After an oily fish, like salmon, has been served, the fishy odor which often clings to the silver can be removed by rubbing them with a slice of lemon.

A pinch of salt and soda added to water in which tough meat or vegetables are boiled will make them more tender.

Celery is much improved if soaked an hour in ice cold water in which a lemon has been squeezed. Pans greased with butter will make the bottom crust of pies soft and flaky and prevent them from being soggy.

If bread is wrapped in paraffin paper as soon as it is taken from the oven it will keep fresh and moist much longer.—L. M. B.

Orange and Grape Salad.

Pare large oranges and cut in thick slices crosswise. Allow one slice to each person. Cut the remaining pulp into bits, allow an equal amount of halved and seeded Malaga grapes and one-quarter as much diced celery, and marinate both separately in a French dressing made of one-quarter cupful olive oil, one tablespoonful lemon juice, one tablespoonful melted tart jelly and a dash of salt. Set a slice of orange on each plate, pile the salad mixture on to it and garnish with bits of parsley.

Rice and Raisin Pudding.

Soak the raisins (about a handful) in a little warm water for an hour and then drain. To one cup of boiled rice, cold or hot, add the yolk of one egg, one tablespoonful of sugar, one teaspoonful of vanilla extract and two cups of new milk. Mix thoroughly and bring to the boil, simmer gently until it thickens. Make a meringue of the white of the egg whipped with a tablespoonful of sugar, spread upon the pudding and set in the oven to brown. This is good warm or cold.

Oyster Stuffing for Turkey.

Make a mixture of a large cup of dry breadcrumbs seasoned with parsley, thyme, and sweet marjoram, moistened with melted butter. To this add twenty small oysters chopped fine. Stuff the breast of the turkey with this. If you prefer you may leave the oysters unchopped.

Facts in Nature

FOR centuries it has been known that Nature's most valuable health giving agents for the cure of disease are found in our American forests. Over forty years ago Dr. R. V. Pierce, chief consulting physician to the Invalids' Hotel and Surgical Institute at Buffalo, N. Y., used the powdered extracts as well as the liquid extracts of native medicinal plants, such as Bloodroot and Queen's root, Golden Seal and Stone root, Cherry bark and Mandrake, for the cure of blood diseases. This prescription as put up in liquid form was called

DR. PIERCE'S Golden Medical Discovery

and has enjoyed a large sale for all these years in every drug store in the land. You can now obtain the powdered extract in sugar-coated tablet form of your medicine dealer, or send 50c in one-cent postage stamps for trial box to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., and tablets will be mailed, postage prepaid.

The "Golden Medical Discovery" makes rich, red blood, invigorates the stomach, liver and bowels and through them the whole system. Skin affections, blotches, boils, pimples and eruptions—result of bad blood—are eradicated by this alternative extract—as thousands have testified.

Send 31 one-cent stamps to pay cost of mailing only on a free copy of Dr. Pierce's Common Sense Medical Adviser, 1008 pages, clothbound ADDRESS DR. R. V. PIERCE, BUFFALO, N. Y.

WHERE to STOP and SHOP in LOS ANGELES

BOILER AND MACHINE WORKS.
Founders, machinists, pattern makers steel tanks, boilers, engines, ranges, furnaces. Pioneer Boiler & Machine Works. S. W. Cor. Palmetto and Carolina Sts.

PIPES AND PIPE REPAIRING.
Largest stock, best selection. Satisfaction guaranteed. Mail orders solicited. W. F. Ball, Est. 20 yrs. 110 N. Spring

WALL PAPER BARGAINS.—Gold Parlor Paper 5c a roll; Imported Leathers 50c. New York Wall Paper Co., 1001 S. Main, Los Angeles.

London's Pavement Artists.
Pavement artists are among the curiosities of London, but the drawer in chalk is now being supplanted by the modeler in clay. One will find him, with a lecturer explaining, turning Shakespeare into Mr. Asquith and Colonel Cody into a Sioux woman within the space of half a minute. The lecturer explains the turn and collects the money from the wondering watchers.

IF YOU'RE GROUCHY
It is likely that your liver needs stirring up. Wright's Indian Vegetable Pills will set you right quickly. Adv.

About Tea Pots.
To keep tea pots that are seldom used from smelling musty, wipe them out very dry after using and put a lump of loaf sugar inside, leaving the lid open.

Putnam Fadeless Dyes make no muss.—[Adv.]

New Zealand.
New Zealand has been called by its inhabitants "The Fortunate Isles," "The Star of the South" and "The Wonderland of the Pacific."

SOUR, ACID STOMACHS, GASES OR INDIGESTION
Each "Pape's Diapepsin" digests 3000 grains food, ending all stomach misery in five minutes.

Time it! In five minutes all stomach distress will go. No indigestion, heartburn, sourness or belching of gas, acid, or eructations of undigested food, no dizziness, bloating, foul breath or headache.

Pape's Diapepsin is noted for its speed in regulating upset stomachs. It is the surest, quickest stomach remedy in the whole world, and besides it is harmless. Put an end to stomach trouble forever by getting a large fifty-cent case of Pape's Diapepsin from any drug store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or any stomach disorder. It's the quickest, surest and most harmless stomach doctor in the world.—Adv.

WARD'S FAMOUS SHAMPOO
and Dandruff Destroyer, package \$1 prepaid. Standard combination Thermometer and Barometer, \$1 prepaid. Free premiums.

SUCCESS JOBING & SUPPLY CO.
313 Lissner Bldg., 524 Spring St., Los Angeles, Cal.

BARGAINS IN SURPLUS TREES
10,000 French Prune
10,000 Fellenberg Prune
5,000 Peach Trees
2,000 Grafted Franquettes
10,000 Rooted Table Grapes
1,000 Sugar Prune
5,000 Bartlett's
10,000 Apple
2,000 Royal Anne
2,000 Genuine Red Gravenstein
Stock pure and clean. Special prices. Wire or write for just what you want.

TABLE GROVE NURSERIES
Healdsburg Calif.

WARD'S FAMOUS SHAMPOO
and Dandruff Destroyer, package \$1 prepaid. Standard combination Thermometer and Barometer, \$1 prepaid. Free premiums.

SUCCESS JOBING & SUPPLY CO.
313 Lissner Bldg., 524 Spring St., Los Angeles, Cal.

Tackle Catarrh Now Be Free All Winter

Avoid Colds, Stalk Pneumonia, Keep Your Nose Clear and Your Throat Free.



Don't Wait Till You're All Bugged Up. Use S. S. S. Now.

If you will go into any first class store and get a bottle of S. S. S. you are on the way to getting rid of Catarrh. But don't let anyone work off that old trick of something "Just as good."

S. S. S. is taken into the blood just as naturally as the most nourishing food. It spreads its influence over every organ in the body, comes through all the veins and arteries, enables all mucous surfaces to exchange inflammatory acids and other irritating substances for arterial elements that effectually cleanse the system and thus put an end to all catarrhal pollution. S. S. S. cleans out the stomach of mucous accumulations, enables only pure, blood-making materials to enter the intestines, combines with these food elements to enter the circulation, and in less than an hour is at work throughout the body in the process of purification.

The medicinal components of S. S. S. are relatively just as essential to well-balanced health as the nutritive properties of the grains, meats, sugars, and fats of foods. Any local irritating influence in the blood is rejected by the tissue cells and eliminated by reason of the stimulating influence of S. S. S. You will soon realize its wonderful influence by the absence of headache, a decided clearing of the air passages, a steadily improved nasal condition, and a sense of bodily relief that proves how completely catarrh often infests the entire system.

You will find S. S. S. on sale at all drug stores. It is a remarkable remedy for any and all blood affections, such as eczema, rash, lupus, tetter, psoriasis, boils, and all other diseased conditions of the blood. For special advice on any blood disease write to The Swift Specific Co., 202 Swift Bldg., Atlanta, Ga. Do not trifle with substitutes, imitations or any of the horde of "Just as good" Counterfeits of S. S. S.